

# Member Appreciation Week

**Monday, December 9  
to Sunday, December 15**

Enjoy a week full of exciting experiences, classes, demos, giveaways, and much more created just for **YOU!**

Plus, bring a friend for free all week long.\*



## All Week

### Office Window Contest

Cast your vote in our Holiday Box for the best-decorated office window throughout the facility.

### Merry Fitness Contest

Get dressed in your most festive fitness gear and take a picture with a Personal Trainer to be entered to win a prize.

### Holiday Movie Marathon in Childcare

Classic holiday movies and shows will be playing in childcare all week long.

### Reindeer Games

A festive twist on the classic bingo game! Pick up your bingo card, and complete fun tasks for a chance to win some jolly prizes! Bingo cards must be turned in on or before Sunday, December 15.

## Monday, December 9

### Intro to Cardio

7:00am–8:00am | Fitness Floor

### Breakfast with Managers

10:00am–12:00pm | Lobby

### Santa's Seated Serenity

10:00am–10:55am | Studio 2

### Health Check - Blood Pressures and Re-evaluation Scheduling

11:00am–12:00pm | Fitness Floor

### Santa's Circuit

5:00pm–5:55pm | Studio 1

### Snack Bar with Staff

5:00pm–7:00pm | Lobby

## Tuesday, December 10

### Health Check - Blood Pressures and Re-evaluation Scheduling

All Day | Fitness Floor

### Rudolph's Run

10:00am–10:55am | Lap Pool

### Snack Bar with Staff

10:00am–12:00pm | Lobby

## Tuesday, December 10

*Continued*

### Pila-TEA Urban Pilates Open House

10:30am–12:30pm | 3:30pm–5:30pm  
Lobby

### Meet & Mingle Potluck

1:30pm–3:00pm | Studio 1

### Core Strengthening

4:00pm–5:00pm  
Small Group Training Room

### Swim Demos

5:00pm–7:00pm | Aquatics Center

## Wednesday, December 11

### Merry Moves

9:00am–9:55am | Studio 1

### Strength Training

11:00am–12:00pm | Fitness Floor

### Circuit Training

2:00pm–3:00pm | Fitness Floor

### Snack Bar with Staff

3:00pm–5:00pm | Lobby

### Yultide Yoga

6:00pm–6:55pm | Studio 2

## Thursday, December 12

### Urban Pilates Unwrapped Demos

10:30am–12:30pm | 3:30pm–5:30pm  
Lobby

### Q&A With the Personal Training Managers

11:00am–2:00pm | Fitness Floor

### Circuit Training

12:00pm–1:00pm | Fitness Floor

### Snack Bar with Staff

3:00pm–5:00pm | Lobby

### Reindeer Ride

6:00pm–6:55pm | Cycle Studio

### Swim Demos

5:00pm–7:00pm | Aquatics Center

## Friday, December 13

### Boxing

8:00am–9:00am  
Small Group Training Room

### Core & Cocoa

9:30am–10:00am | Studio 2

### Santa's Raffle

12:00pm–1:00pm | Lobby

### Snack Bar with Staff

12:00pm–1:00pm | Lobby

### Drop 'N Shop

4:00pm–8:00pm | Childcare

See Childcare for more information.

### Deck the Gloves

5:00pm–6:00pm | Studio 2

### Legs Strengthening

6:00pm–7:00pm | Fitness Floor

## Saturday, December 14

### Holiday Magic with Santa and Mrs. Claus

10:00am–12:00pm | Lobby

### Santa's Sleigh'n Zumba

10:00am–11:30am | Studio 1

### Resistance Training

3:00pm–4:00pm | Fitness Floor

## Sunday, December 15

### Holiday Hatha

10:00am–10:55am | Studio 2

### Urban Pilates Unwrapped Demos

10:30am–12:30pm | Lobby

### Circuit Training

12:00pm–2:00pm | Fitness Floor

### Swim Demos

12:00pm–2:00pm | Pool